

YOUR PRIORITIES ARE:

LAND SURVIVAL

JSP 374

Aircrew Survival Flip Card

Protection

Location

Water

Food

In that order

Vital Actions in an Emergency

FIRST AID

- 1. RESTORE BREATHING**
 - a. Clear airways
 - b. Mouth to mouth
 - c. Coma position
- 2. STOP BLEEDING**
 - a. Pressure pad on wound
 - b. Ring pad around protrusions
 - c. Raise the limb
- 3. PROTECT THE WOUND**
 - a. Clean dry dressings
 - b. Burns - DO NOT remove burnt clothing on skin but cover lightly with clean dry dressings
- 4. IMMOBILISE FRACTURES**
 - a. Arms - improvise splints or strap to body
 - b. Legs - strap together and splint if possible
- 5. TREAT FOR SHOCK**

Rest, reassure (warm/hot sweet drinks if no suspected internal injuries)

See page 21 for survival in enemy territory

See reverse for **Sea Survival**

LAND SURVIVAL

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Ministry of Defence
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See reverse for **Sea Survival**

LOCATION

- **Aircraft radio**
- **Erect PLB and check operation** (page 9)
 - Place on high ground
 - Aerial vertical
 - Avoid shielding
 - Protect battery from extreme temp
- **Pyros Checked**
 - Prepared for instant use
- **Light Signals**
 - Heliograph mirror
 - Candle lit inside para shelter
 - Burn fuel-impregnated materials
- **Improvised Signals**
 - Inflate liferafts and lifejackets
 - Parachutes deployed. Pegged down
 - Reflective materials from aircraft
 - Snow signals (30' long)
- **Signal fire**
 - Smoke by day
 - Fire by night

Break up the 'Natural look' of the terrain

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SHELTERS - EVASION AND ARCTIC

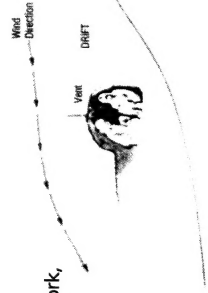
SCRAPE SHELTER



1. Use natural hollow in ground or make shallow scrape.
2. Select slope or provide drainage.
3. Use logs or stones for windbreak.

SNOW HOLE

1. Select steep face - 30°.
2. Dig narrow slot with room to work, then enlarge sides.
3. Smooth roof - 2ft thick.
4. Ventilate
5. Block entrance from inside.
6. Incline entrance downwards.



Location - Signal Fire

Thatched with spruce, (for protection from dampness, also to provide smoke signals)

Tied with wire or nylon.

Signal fire.

Platform of green sticks.

Spare boughs.

The whole set can be covered with parachute cloth if raining.



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PROTECTION - IMMEDIATE ACTIONS

- Account for survivors
- First aid
- Put on appropriate clothing (including headgear)
- Collect survival pack
- Seek temporary shelter (inflate liferafts; employ parachute; packing materials)
- Make fire (use A/C fuel/hydraulic oil etc)
- Relax - hot drink - plan
- **Consider permanent/static shelter**
 - Aircraft (internal; external)
 - Lean-to (para; timber)
 - Natural (caves; rocks; trees)
 - Snow (emergency bivouac; cave; trench)
 - **Ensure ventilated**

Protection - you must shelter from:

Wind, wet & the cold

- These are your enemies

Remember wind chill factor

Insulate from cold ground

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DESERT

Protection

- Stay where you are unless certain of water source
- First aid
- Obtain shelter from sun using parachutes/liferaft aircraft/natural features
- Keep body & head covered with single layer of loose clothing
- Protect eyes from glare
- Relax - plan - rest during day

Location

- Get PLB working. Protect battery from direct sunlight
- Pyros & heliograph ready for immediate use
- Improvise ground markers with fire/smoke ready if possible

Water

- Ration your sweat
- Check total resources of water
- Drink to off-set the headache stage of dehydration
- Don't over-ration your water
- Consider natural sources available

Food

- Lowest priority
- Mk 4 ration is not dehydrating and is a useful source of energy

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FOOD

- Salvage rations from aircraft (eat-in flight rations first if possible)
- Check PSP/ASP contents
- Use Mk 4 rations to provide energy
- Don't eat other food unless water available or you will dehydrate body
- Consider 'natural sources' - animals, fish (use kits)
- Fruits, nuts, plants. (See page 20 for edibility test.)

All food should be cooked
and not taken hot

Food is not an immediate requirement for survival

COMMON RABBIT SNARE using wire



Rabbit snares should normally be 4 1/2" in diameter and 3" from the ground

Sticks may be inserted into ground to guide rabbit into snare



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WATER

- Salvage sources from aircraft
- Check PSP/ASP contents
- Replenish supplies constantly

Use Natural Sources First

(ie Rain; Streams; Lakes; Marshes; Old Sea Ice)

Drink as much as thirst dictates - to avoid dehydration

Purify by puritabs, or boil for 3 mins,
+1 min/1,000ft amsl

ICE is better to melt than **snow**

Don't eat **SNOW** or suck **ICE**

(See also **Water** section of **Sea Survival** (page 7))

You will need **at least** 2 pts/day

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IF CAPTURED

Avoid selection

Number
Rank
Name
DOB

ONLY

- **BIG 4**
- Don't sign
- Beware tricks
- Stick with it
- You are still fighting
- They are still the enemy!

SURVIVAL IN ENEMY TERRITORY

Your priorities are:

Protection

Concealment (and travel)

Water

Food

Immediate Actions

- Destroy classified material
- Apply essential first aid
- Clear area - travel 5 miles
- Lie low/hole up for 48 hours
- Plan the escape

Travel

- Leave no sign
- Move on foot by night
- Avoid roads, railways, rivers, towns, people (shelter guide at page 15)

Remember the Priorities

JUNGLE

Protection

- Apply first aid, build a shelter off the ground if possible using parachute material - upturned inflated liferaft - natural materials - aircraft
- Keep a fire burning
- Keep covered - remove ticks or leeches
- Treat insect bites and keep clean

Location

- PLB aerial upright in a clearing if possible
- Fire burning fuel for smoke if available (add red smoke of day/night flare to heat column above fire)
- Break up natural look of jungle with silver foil/smoke/coloured parachute

Water

- Conserve supplies from aircraft or packs
- Set out rain traps with liferaft canopies and parachute material
- Purify all standing water by boiling for at least 3 mins or use purifying tablets
- Most jungle vines contain drinkable water
- Avoid milky sap. **Keep hydrated if possible**

Food

- Edibility test. Avoid bright colours/milky sap/acid taste/all fungi. If these don't apply, cook small portion. Place on tongue. Wait 5 mins. No ill effects. Swallow. Wait 2 hrs then increase amounts. Decrease waiting time.

**If short of water, eat only carbohydrates
e.g Mk 4 ration**